



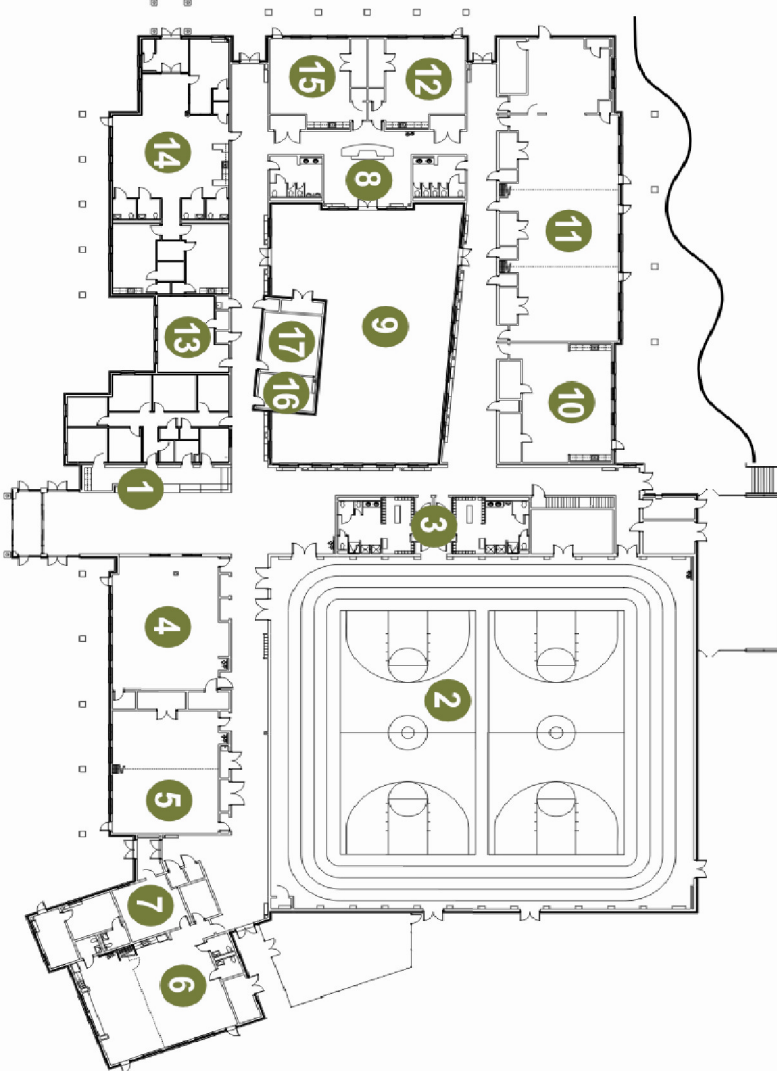
Glenwood community center

Department of Recreation & Parks

Facilities & Features



- 1 Front Desk / Registration
- 2 Gymnasium
Walking Track
- 3 Locker Rooms
- 4 Fitness Room
- 5 Roxbury Mills Studio
Dance/Aerobics
- 6 Brighton Activity Room
Preschool Area
- 7 Annapolis Rock Room
- 8 Daisy Lounge
- 9 Cattail Creek Courtyard
- 10 Dayton Arts & Crafts Room
- 11 Cooksville Multipurpose Room
- 12 Patapsco Activity Room
- 13 Haymeadow Activity Room
- 14 Senior Game Room
- 15 West Friendship Activity Room
Senior Plus Area
- 16 Poplar Spring Activity Room
- 17 Health Room
- Computer Room



2400 Route 97

Cooksville, MD 21723

Phone: 410-313-4840

www.howardcountymd.gov/rap

LIVE, LEARN & PLAY

The Glenwood Community Center, operated by Howard County Recreation & Parks, is the western county's hub for recreational and leisure activities for citizens of all ages. From toddlers to teens, adults to seniors, the Center has a wide variety of programs, activities, equipment, and facilities!

Features of the Glenwood Community Center include:

- * State-of-the-art fitness and weight areas, including cardiovascular equipment, free weights, and the Cardio Theater system.
- * Three-lane, walking / jogging track
- * Gymnasium featuring two courts suitable for basketball, volleyball, and other athletic activities.
- * Arts and crafts activity room
- * Group exercise/dance studio
- * Meeting rooms - available for birthday parties, meetings, and rentals

Located within the community center is the Glenwood Senior Center and Senior Center Plus, operated by the Department of Citizen Services Office On Aging, and are hubs for recreational, educational, and social activities for adults 50 and over. Whether you want to line dance, take a class, discuss a book, chat over crafts or play cards, you'll find an activity that suits you. For program information at the Senior Center call 410-313-5440, and for the Senior Center Plus call 410-313-5441.

The Glenwood Community Center is a true community facility, where you can
Live, Learn & Play!

Fitness Center

Get strong in the fitness center with a variety of cardiovascular and selectorized weight equipment. The fitness center provides a full line of Life Fitness treadmills, ellipticals, and cycles, as well as the Keiser line of easy-to-use weight machines. Through our Cardio Theater system, you can accompany your workout with choice of music or television programming.



Arts & Crafts Room

Spark your creativity in our Dayton Arts and Crafts Room, which provides opportunity for painting, pottery, drawing, ceramics, and more.

Activity Rooms

Activate yourself in the various facility activity rooms, including our dance studio (Roxbury Mills Studio) with hardwood floors designed specifically for group exercise, instructional dance, and other programs. Children's activities can be found in either the Annapolis Rock Room or the Brighton Activity Room.



Meeting Rooms

Enrich your life within our Cooksville Multipurpose Room, complete with audio-visual resources and located adjacent to a commercial kitchen. The multi-purpose room can be divided into three rooms to accommodate anywhere from 120 to 360 people, which provides ample room for programs, activities, meetings, birthday parties, weddings, and other special events.

Indoor Track

Get moving and go to the walking / jogging track, consisting of three lanes for walking, jogging, or running. Located within the facility gymnasium.

Lounge & Courtyard

Unwind your mind in our Daisy Lounge, next to the fireplace while enjoying a cup of coffee or tea, or relax outside in the Cattail Creek Courtyard with a good book.



GREEN BUILDING

Did you know the Glenwood Community Center has been designed to be LEED Silver rated? The LEED rating system is run by the U.S. Green Building Council (USGBC). They classify buildings according to their "greenness" in one of 4 categories - Certified, Silver, Gold and Platinum.

A "green building" is one that uses sustainable design and construction practices to benefit the environment rather than harm the environment. The Glenwood Community Center uses many different strategies to this end, a few of which are:

- 75% of all construction waste was recycled rather than sent to landfill

- The heating / cooling system is a geothermal system, which uses the earth to heat or cool the building rather than burning fossil fuels.

- The roofs are highly reflective to prevent heat build up that would otherwise reduce energy efficiency.

- We have wood from forests that certify that they are sustainably managed.

- We have used local materials to the greatest extent possible to reduce the need to ship building components long distances.

- Adhesives, carpets, paints and woods have all been specified to have very low emissions of volatile organic compounds.

- The building is being "commissioned" to make sure that all of the systems work as intended and that they are tuned to be as efficient as possible.